

Student mental health is inextricably tied to student engagement and academic achievement.

The Lambton Kent District School Board is committed to promoting positive mental health and well-being for all students. Student mental health is identified as a Board priority and is part of a larger vision to continue to craft safe, healthy, inclusive and engaging schools.



Lambton Kent District School Board
Chatham Regional Education Centre
476 McNaughton Ave. East Chatham,
ON
N7M 5L7 Phone: 519-354-3770

Sarnia Education Centre 200
Wellington St.
Sarnia, ON N7T 7L2
Phone: 519-336-1530

Toll Free: 1-800-754-7125
E-mail: webmaster@lkdsb.net

If you would like to learn more about the supports available for Mental Health and Well-being at the LKDSB, please contact the Board Mental Health Lead or go to:
www.lkdsb.net/Board/Community/MentalHealth



**Lambton Kent
District School Board**
Student Achievement ✓ *Community Success*

Mental Health & Well-being at LKDSB



Lambton Kent District School Board
*Fostering Success for every student,
every day.*



Mental Health for All

Mental health is a **positive concept**, something we all have and need to nourish in order to lead **healthy lives**.

At the LKDSB, we support the development of mental health through **curriculum**, systematic **training to staff**, **collaboration** with community partners, and a focus on **promoting well-being**.

Most students are **resilient** and **thrive** and will often demonstrate the following:

- Get along well with others
- Reaches out to others and shows empathy
- Emotionally bounces back from challenges
- Readily participates in physical activity
- Is engaged in learning

TARGETED PROGRAMMING

Early intervention is important in preventing, **supporting, and bolstering students** with mental health problems. Teaching students to understand and develop protective skills is one way that the LKDSB helps to prevent further challenges. This could include:

- Providing academic accommodations and modifications
- Teaching character building and social emotional skills
- Evidence-informed programming provided directly in the classroom
- Providing focused support and staff training for at risk populations
- One to one counseling support to students as deemed necessary

ACCESSING SUPPORT

It can be difficult to know when someone is going through a challenging time or is experiencing a mental health problem. Knowing your student and being alert to any changes in them that appear to be **causing distress, ongoing, or disproportionate** is key for reaching out for help in a timely manner.

Bringing forward concerns with your student's teacher is important for getting help at school.

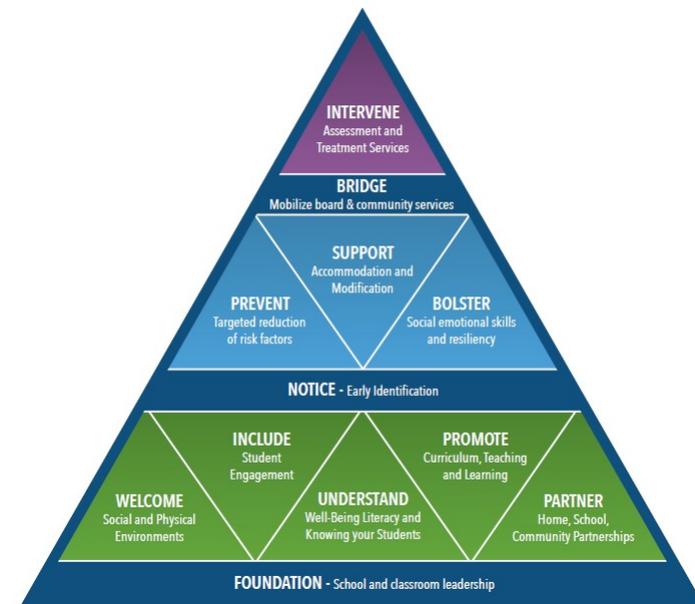
If someone you know needs help, reach out to your school or go to: www.lkdsb.net/Board/Community/MentalHealth/help for more information on where to get help in your community.

INTERVENTION FOR THOSE IN NEED

Despite our best efforts, a small percentage of students will experience mental illnesses such as mood or anxiety disorders. **Most people are able to recover from these illnesses** and go on to live productive, successful and healthy lives.

Our **Psychoeducational Clinicians and Social Workers** provide educational opportunities, consultation, and counselling support to help students in need. They also provide crisis response and support after a tragedy.

Our Clinicians and Social Workers do not work in isolation, they **work directly with LKDSB Staff, students, and community organizations** who have even greater capacity to support students in need.



AIM Model describing how we support the mental health needs of students.